


# CLASS DESCRIPTIONS

Class	Level	What to expect...
All Around Abs	All	15 minutes of all Abs
BARRE Boxing	All	Basic barre maneuvers and movements to give quick sculpting results through high repetition of basic muscle endurance and fatiguing exercises.
 LES MILLS BODY PUMP	Med High	Weight-based resistance training, increases strength and endurance, tones & shapes, maintains bone health using a Barbell, Plates & Adjustable Step
Boot Camp (\$ registration required)	All	Weights, jump rope, cones, medicine balls, etc. Sports drills, circuits and interval training for cardiovascular conditioning and muscular strength and endurance.
<b>CIZE NEW!</b>	Med/High	Combinations of continuous dance of moves.
Core	Med High	Intervals of Simple Intense Exercises and Short Rest Periods to keep you burning calories the rest of the day, uses a variety of equipment.
Core - Pilates	All	Exercise on a mat to strengthen core muscles, improve flexibility and back health.
Circuit Training	High	Get ready to have some fun! Set to current, up-beat music, this interval-based class will have you rotating through stations focused on both high-intensity cardio and strength training. The exercises and equipment change each week and may include medicine balls, steps, dumbbells, bosus, agility ladders and more! You can do anything for 45 seconds!
Drums Alive / Golden Beats	Med / Low	Drum Sticks, Stability Ball, Risers, Chairs in Golden Beats Warm-up, Drumming, Cool Down
Forever Fit	Low	Mat, Weights, Resistance bands, and balls Warm-up, 20 minutes low-impact aerobics, 15 minutes of strength conditioning, cool down and relaxation
Hydro Blast / Hydro Blast Deep	All	Pool Drills, Intervals, Plyometrics in the water
Hydro Challenge	Low/Med	Pool, Chest level or Deep Water Intermediate level water workout, more intense moves
INSANITY™	Med High	You've seen it on TV, now experience it for yourself. A cardio-based, total body-conditioning program. This calorie torching, shirt-soaking workout is based on the principles of MAX interval training. Plyometric drills with nonstop intervals of strength, power, resistance and core training moves – INSANITY.
Muscle Conditioning Craze	Med	Dumbbell, weights, bench Resistance training with weights for strength, muscular endurance, and toning along with short bouts of cardiovascular exercise to rev up the heart rate.
Mat Pilates	All	Strengthen muscles, improve flexibility and health; core focus
PiYO™	Med High	Pronounced "pie-yo", it's a unique class designed to build strength and increase flexibility. The choreography is fun, challenging, and makes you sweat. Inspired by Yoga and Pilates but incorporating energy, power and rhythm. Burns serious calories!
SILVER&FIT EXCEL	Low	Silver&Fit Excel is for very active older adults who regularly exercise three or more days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, power, and endurance.
Silver Sneakers Cardio	Medium	Chair, exercise tubes, dumbbells, rubber balls Upper body strength work alternated with non-impact aerobic choreography; chair for support, stretching and relaxation
Silver Sneakers® Classic	Low	Range of motion exercises, muscle conditioning, flexibility using a chair, exercise tubes, dumbbells, rubber balls
Silver Sneakers® Yoga	Low	Yoga mat, chairs Seated yoga poses, increase flexibility and range of motion
Spinning	All	Go for a ride on a stationary bike, class simulates various biking adventures, varied intensity.
Step	Med High	Utilizing a step and optional risers to vary the intensity, this is a cardiovascular challenge incorporating step choreography.
TurboKICK®	Med High	The ultimate cardio-kickboxing party! With cardio kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you'll get lean and toned—and have a blast doing it! It's high intensity, fast-paced, and totally addicting!
X-treme Intervals	High	Intervals of Simple Intense Exercises and Short Rest Periods to keep you burning calories the rest of the day, uses a variety of equipment.
Zumba™	All	Latin inspired, calorie burning, dance fitness party
Zumba Gold™	Low/Med	Latin inspired dance fitness party at a slower pace
Yoga – Explore&Restore	All	This class cultivates knowledge of the instinctual physical needs of each student and offers a 'spacious' pace of yoga. Students are encouraged to explore using their individual rhythm of breath to guide their practice and to indulge in a restorative savasana at the end of each class.
Yoga Fusion	All	Mat Blend of Pilates, and Yoga, increases flexibility, posture, and coordination, includes relaxation
Yoga - Hatha	All	Hatha practices are designed to align and clam your body, mind and spirit in preparation for meditation
Yoga – Invigorating Flow	Low/Med	Invigorating active flow. Move thought postures with fluidity and strength. Combines: strength, balance, flexibility, and rest.
Yoga Light	Low	Light version of yoga, focusing on alignment, breath, posture, and stretch.
Yoga – Vinyasa	Med	Yoga that focuses on coordination of breath and movement and it is a very physically active form of yoga
Yogafit®	Med High	Blends balance, strength, flexibility and power in a fitness format. Delivers a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness.